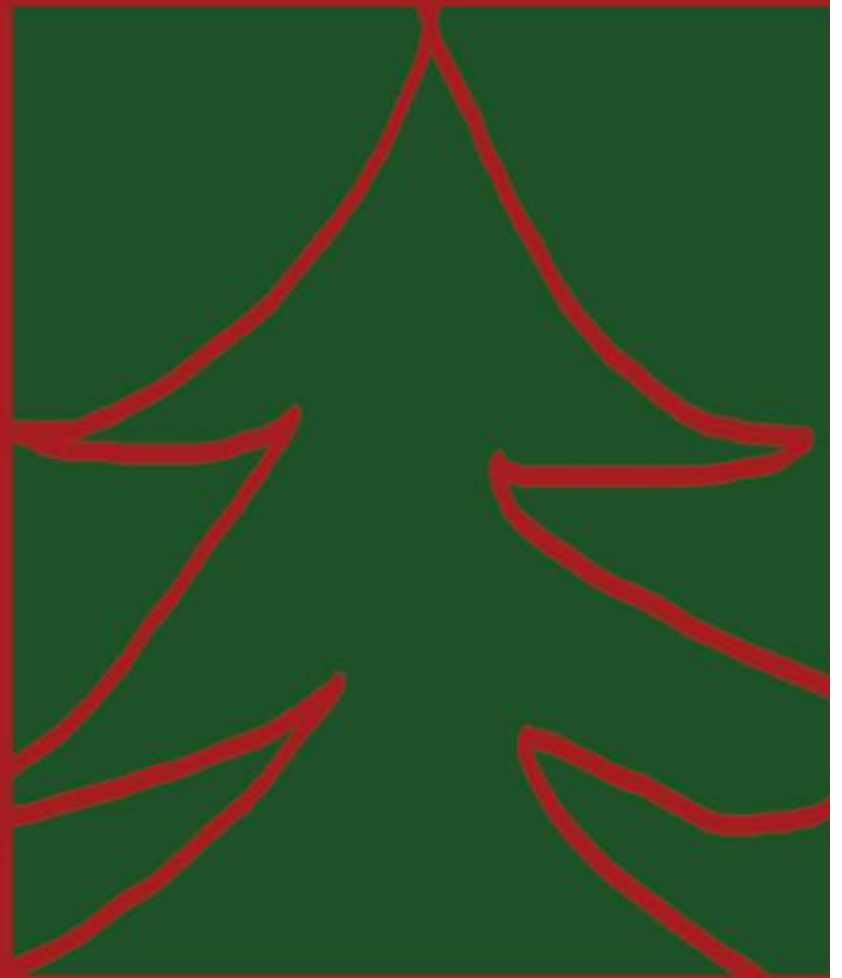


Happy Holidays?

*Presented by
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Happy Holidays?

- In a MSNBC poll, 41% of those surveyed said the holidays are as stressful as asking their boss for a raise.
- 52% of women and 40% of men report increased stress during the holidays.



Why All The Stress?

- Unrealistic Expectations
- Overspending
- Too Much Activity
- Hectic Pace & Changed Routines
- Travel
- Illness
- Grief



What can I do?



- Have a Realistic Plan
- Concentrate on People, Not Things
- Establish Your Own Standards
- Practice Saying "NO"
- Communicate
- Be Adaptable and Flexible

What else can I do?



- Limit Alcohol Intake
- Watch Sugar, Salt and Caffeine
- Find a Support System
- Pass on a Tradition

Shrink Shopping Stress!



- Take a lesson from Santa!
- Don't forget the extras!
- Will this be cash, check or charge?
- Take advantage of slow times
- Keep Your Receipts!
- Be Safe!

What Do I Buy?

- **Ask For a List**
- **Think About Hobbies**
- **Periodicals**
- **Movie Tickets**
- **Gift Cards**



Traveling Can Be Troublesome

- Plan Ahead
- Check the Weather Report
- Take an Emergency Kit
- Get a Tune-Up



Be Natural



B- Breathe deeply

E- Exercise

N- Nutrition

A- Attitude

T- Time management

U- Uniqueness

R- Relaxation

A- Associations

L- Laughter

Have a
Happy Holiday!

